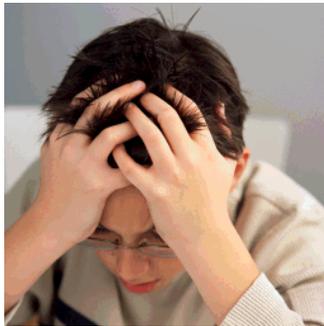


## Cyberbullying

Verbal bullying can also involve sending cruel text or email messages, or even posting insults about a person on a website. Online bullying can be easier to commit than other acts of bullying because the bully doesn't have to confront the victim in person. Some cyberbullies probably don't realize just how hurtful their actions are.

One of the most painful aspects of bullying is that it is relentless. When it goes on and on, bullying can put a person in a state of constant fear.



Guys and girls who are bullied may find their school work and health suffering. Studies show that people who are abused by their peers are at risk for mental health problems, such as low self-esteem, stress, depression, or anxiety. They may also think about suicide more.

## Help Someone Else

If you see bullying happening in your school, you can help put a stop to it.

- Refuse to join in if a bully tries to get you to tease someone.
- Get a teacher, parent, or another adult to come help. You won't be snitching; you'll be taking a stand against bullying.
- Talk to the person being bullied and try to get them to talk to an adult. Offer to go with them.
- Report the bullying to an adult you trust.

## Resources for Information and Assistance

### Emergency Phone Numbers

Police Emergency...911  
Fire Emergency...911  
Warsaw Police Dept...574-372-9511  
Kosciusko Co. Sheriff's Dept...574-267-5667  
State Police...1-800-552-2959  
Dept. of Child Services (DCS) ...1-800-800-5556  
Kosciusko Community Hospital...574-267-3200  
Warsaw Victim Services...574-372-9539  
National Center for Victims of Crime..1-800-394-2255  
National Domestic Violence Hotline...1-800-799-7233  
Sexual Assault/Sexual Abuse  
National Hotline .... 800-656-HOPE  
National Center for Missing and Exploited Children  
1-800-843-5678  
Child Abuse National Hotline ...1-800-422-4453

### Victims' Assistance

Warsaw Victim Services ...574-372-9539  
Kosciusko Co. Prosecutor's Office...574-372-2419

### Counseling Resources

Bowen Center...1-800-342-5653  
574-267-7169  
Brighter Tomorrows (Plymouth) 574-935-9449  
Lifetouch ...574-269-7990  
McArthur Counseling Center ....574-267-1700  
Warsaw Community Church Counseling  
Center ....574-268-0448

### Shelters

Kosciusko Co./Beaman Home...574-267-7701  
Noble County Shelter ...800-441-4073  
Elkhart Co. Women's Shelter...574-294-1811  
South Bend YWCA Women's Shelter...574-232-9558  
Allen Co. YWCA Shelter for Women... 800-441-4073

### Other Important Numbers

Rape, Abuse, and Incest National Network  
1-800-656-4673  
Heartline Pregnancy Care & Counseling  
574-267-5110  
To Check Jail Status....574-267-5667  
National Runaway Switchboard...1-800-786-2929  
National Drug Abuse Hotline...1-800-662-4357  
Boys and Girls Club of Kosciusko....574-268-1155  
Baker Youth Club .... 574-267-8771  
United Way/AIRS – Info for Referrals ....211

# Bullying and Harassment

**“Someone is picking on me.”**

## *Victim Services*

*offers crisis counseling, information and referrals, and personal advocacy to victims of violent crime and their families, along with public education/awareness on violent crime victimization.*



**(574) 372-9539**

banglin@warsaw.in.gov

**www.warsaw.in.gov**

Departments > Police > Victim Services

## What is it?

Bullying is when one person hurts or threatens someone else physically, verbally, or in writing. The bully may choose a victim who is smaller or younger than they are, or who is from a different race or culture, or they may pick on someone who is different in some other way.

The bullying might happen once or over and over again. Bullying can include pushing, shoving, kicking, hitting, teasing, or writing or texting mean or threatening notes.

If the bullying or harassment gets so bad that it physically harms you or your property, makes you feel intimidated or afraid to go to school, or causes disruptions at school, it is probably against school rules and may also be against the law. Check with an adult in your school to find out more.

Assault and theft are always against the law. So if a bully physically attacks you or steals something from you, you can report this to the police. If an assault or attack takes place at school or on a school bus, you can also report it to the principal, and the school should take action to confront and/or discipline the bully.

Anyone can be a bully. Girls and boys tend to bully in different ways though. Boys are usually more physical when they bully—shoving, pushing, and hitting. Girls, on the other hand, tend to use words more than physical force. Girls often bully by spreading rumors, taking part in gossip, or threatening someone.



## If you are a victim of bullying, you might...

- Feel angry, sad, lonely or depressed.
- Feel like you have no friends.
- Find that you are always getting into fights.
- Want to hurt someone else or yourself.
- Feel like taking steps to defend yourself.
- Feel helpless to stop the bullying.
- Feel hopeless that anything can be done.
- Be afraid to go to school, or feel anxious all the time.
- Feel bad about yourself



## You're Not Alone

- 1 in 12 students who stay home from school do so because they are afraid to go to school.
- 3 out of 4 students report that they have been bullied at some time while they were in school.
- Bullying is reported as most severe in grades 7-9, with grades 4-6 being next in severity, but it can happen in any grade.
- 60 percent of victims/targets report being bullied by boys, and 40 percent report being bullied by girls.

## Get Help

Being bullied is not your fault, and it is wrong. Nothing you say, the way you look, or what you believe in gives anyone else the right to make fun of you or hurt you.

- Tell your parents, and talk with them about ways that they can help you to be safe.
- Tell a teacher, counselor, or your school's principal. They can take action to stop the bullying.
- Most schools are required to have a policy on dealing with bullying. If you feel that nobody in your school is helping you, see if you can find out what the policy is and talk with the principal about how the policy applies to your case.
- If there is no policy in your school, talk with friends, a teacher, or the principal about creating one.

## Help Yourself

- Try to walk away from the bullies.
- Sit near the bus driver on the school bus.
- Take different routes to and from school. See if you can get a friend or two to walk with you.
- Do not bring lots of money or expensive things to school.
- Try to stay in areas where other students and teachers are around.
- Try not to be in a bathroom or locker room by yourself.